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DONNA MAXWELL/FOR METRO

Police mum on homicide investigation

CRIME

Man found stabbed in North Kildonan



**Shane
Gibson**
Metro | Winnipeg

Police confirmed Monday a 36-year-old Winnipeg man is the city's latest homicide victim after a weekend stabbing, but investigators are saying little else about the killing.

Darryl Arthur Abraham was found stabbed in the first 100 block of Donwood Drive in the North Kildonan neighbourhood Saturday morning. He was rushed to hospital in critical condition where he died later that day.

Police spokesman Const. Jason Michalysen told Metro further details — such as whether Abra-

ham was found in a home or in the street, or whether police have identified a suspect — are something detectives are keeping close to the chest.

"We're conducting interviews, those are ongoing, and we're optimistic that we'll have further information in the near future," he said. "But we're not at a point right now to really disclose specifics pertaining the circumstances and certain details with respect to the victim."

"There's certain details and bits of information that we need to protect."

Michalysen did say police have had prior contact with the victim, but didn't elaborate on what that contact was. The homicide is Winnipeg's 16th of the year.

Anyone with information is asked to call police at 204-986-6508 or Winnipeg CrimeStoppers at 204-786-TIPS.

ON THE HOOK FOR CLEANUP

CITY WON'T HELP FAMILY REMOVE FALLEN TREE

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FILM

Young 'Pegger' in role of her life

She may be a seven-year-old from Winnipeg, but Abigail Pniowsky is already working to make a name for herself in Hollywood.

Abigail, who lives with her family in Fort Garry, just wrapped up acting opposite Amy Adams in the shoot for the sci-fi drama *Story of Your Life*.

"We're so proud of her and she's really got the acting chops," said Abigail's dad Jeff. "It's amazing when you see this little girl and she goes from a normal little kid to becoming this consummate professional on set."

"She nails her lines and fine-tunes quickly when the director asks her to change things up."

Jeremy Renner and Forest Whitaker also have roles in the movie, and Jeff said Abigail's character is central to the plot.

"We were just at the wrap party and producers were very happy with what they saw from Abigail."

Abigail recently signed with L.A. agent Mitchell Gossett, who has represented stars like Miley Cyrus and Jennifer Lawrence.

Her parents said she should take acting only as far as she wants to, and there is no plan to turn her into a child star. "The second this isn't fun for her is the second she stops," said Jeff.

"It's fun because you get to pretend, and you get to meet movie stars," said Abigail.

Story of Your Life is set for release in 2016. DAVE BAXTER/METRO

Retailer helps Callie's Backpacks' donations

HOMELESSNESS

Cross-city walk raises awareness for girl's charity



Dave Baxter
Metro | Winnipeg

Lori Lucas had a simple reason for wanting to walk across the entire City of Winnipeg on Monday.

"I'm doing this for Callie," said Lucas, who is the owner of the Chicken Chef on Portage Avenue.

Lucas walked along with Callie Costello and others as part of the Cross Winnipeg Walk for the Homeless, which saw three local Chicken Chef restaurants donate 450 meals to Winnipeg's homeless.

About a year and a half ago, 12-year-old Callie started Callie's Backpacks for Winnipeg's Homeless, which sees her collect backpacks and fill them with things like toiletries and water bottles, and then go out on the



Lori Lucas (far right), who donated 450 Chicken Chef meals, joined Crystal Costello and Callie Costello in a walk across Winnipeg on Monday. DAVE BAXTER/METRO

streets and hand them out to Winnipeg's homeless.

"So I found out the whole story and decided along with the Nairn and Marion locations that we are going to feed 450 homeless, and do it for Callie," said Lucas.

The group walked from the Nairn Chicken Chef over to the Marion one, and then on to the one all the way down Portage Avenue.

"We're doing the walk because

we need to get more publicity for what she's doing because it's such an amazing cause," said Lucas.

"I mean look at her — she's 12 years old but she's an old soul in a young body, and her maturity and passion and compassion is unbelievable."

Callie said she doesn't do what she does for publicity.

"I just really want to help people," said Callie, who started

Callie's Backpacks after seeing homeless people on the street and wanting to help them.

Callie said since she started she has handed out about 1,500 backpacks to people on the streets, and she said she would like to keep doing charitable work right up into adulthood.

Search Callie's Backpacks for Winnipeg's Homeless on Facebook to make a donation of a backpack or other items.

“
Her maturity and passion and compassion is unbelievable.

Lori Lucas

IN BRIEF

Smyth named deputy chief within WPS

Superintendent Danny Smyth has been appointed deputy chief of investigative services for the Winnipeg Police Service.



Danny Smyth

Smyth has been with the WPS since 1986 and has worked in a number of areas including uniform operations and covert investigations in both the vice and surveillance units. METRO

Woman sexually assaulted in North End

Police are investigating after a woman walking in the North End was sexually assaulted in broad daylight last week.

The woman said she was walking near Aikins Street and Stella Avenue around 3:15 p.m. Aug. 17 when an unknown man approached her and began asking inappropriate questions before grabbing her in the lower body. She broke free and fled the area.

The suspect is described as aboriginal, 30-40 years old, five-foot-six, with a medium build and long dark hair in a ponytail. He has a cross tattoo on his right ear lobe and was wearing a dark-coloured open zip-up hoodie, a black Jack Daniels T-shirt, dark pants and sunglasses. METRO

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THEATRE

Sister Act adds 2 shows

The Sisters are gonna keep on actin' at Rainbow Stage, at least for a couple more days.

Sister Act, which was scheduled to run until Sept. 1, has extended its run till Sept. 3.

Julie Eccles, executive director at Rainbow Stage, said though they have 2,300 seats at Rainbow Stage, the centre 1,600 are the most coveted.

"Our centre has been sold out for weeks," Eccles said.

"Those are the seats people really, really, really want."

Adding two more performances is a problem Eccles would love to deal with for every show. The last time she had to add performances was in 2013 for Buddy — The Buddy Holly Story.

She said Sister Act has proven to be popular with Winnipeg fans.

"I would like us to always be in this position. It's just a fun show," Eccles said.

Tickets for the extra shows are available by phone at 204-989-0888 or at rainbowstage.ca/tickets. Eccles said they're selling fast.

"They've been burning up the lines."

Also, Eccles said they've "quietly" been announcing to audience members that Shrek, The Musical will be at Rainbow Stage next August.

DONNA MAXWELL/FOR METRO



The performances will now run until Sept. 3 at Rainbow Stage. DONNA MAXWELL/FOR METRO

Family left to clean up after tree falls on house

PROPERTY

City says homeowners responsible for removal costs

Donna Maxwell
For Metro | Winnipeg

There's a pile of branches and tree stumps occupying space in front of Annette and Marcel Nadon's Transcona home — the remnants of a storm-toppled elm that the city won't help them clean up.

The city says the tree — which crashed into the front of the home Saturday — is on the family's property so the family is responsible for removing it.

Annette said Monday that the elm is three inches from city property.

"The city won't have anything to do with it," she said.

When her husband removed the part of the tree that was on their roof, they could see it had damaged the front porch as well as the main building.

She said insurance will cover that damage but not the costly removal of the tree.

"The guys that come to cut down trees, they cost so much money," she said.

"We can't afford that."

So her husband and their son have been using a chainsaw to take it down, bit by bit.

A city spokesperson confirmed trees on private property are the property owners' responsibility. Part of it landed on the sidewalk, and Annette



Cameron Hill, 10, left, and his brother Riley, 7, sit on the pile of branches left behind after a huge elm fell onto their grandparents' Transcona home during last weekend's storm. DONNA MAXWELL/FOR METRO

said the city was going to remove that part, but her husband beat them to it.

"He was trying to cut down the tree so we could get out

of the house on that side," she said.

Saturday's storm caused power outages and sewer back-ups in various parts of

the city. Environment Canada said rainfall in the city ranged from 53 millimetres at Winnipeg Airport to 92 millimetres in Transcona. Winds

gusted to 70 km/h. The city said it received more than 100 calls of downed trees over the weekend.

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TRANSIT TUESDAY

Weekly Transit News Update



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Winnipeg Transit has several regular routes that operate to and from Investors Group Field before and after every Bomber home game. Regular fares apply when going to the game. After the game, all regular service and extra regular service buses on routes 75, 78 (via Cambridge and via Kenaston) and 160 will be lined up on Chancellor Matheson heading west towards Pembina. The post-game service is free, courtesy of the Winnipeg Football Club. Visit winnipegtransit.com for complete transit route and schedule information.

Don't forget, there are eight Park & Rides locations throughout the city, offering convenient, non-stop service to and from Investors Group Field. NOTE: Route 3, St. Vital Park and Ride is now located at Centre Scolair Leo-Remillard, 1095 St. Anne's Road. Visit bluebombers.com for more Park & Ride information.

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Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham & Donald) is open Monday to Friday, from 8:30 a.m. to 4:30 p.m.

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Ex-PMO aide takes stand

COURT

Claims he didn't know Wright repaid expenses until later on

Chris Woodcock, the aide in the Prime Minister's Office who crafted public statements about Sen. Mike Duffy's repayment of disputed expenses, says he never read the 2013 email where Nigel Wright told him he was picking up Duffy's tab "personally" — at least not until months later.

Woodcock, who was director of issues management and responsible for staying on top of controversies affecting the government, testified Monday at Duffy's trial for fraud, bribery and breach of trust. Woodcock said he was responsible for drafting statements for the government and Duffy in cooperation with senators and Duffy.

"Mainly my job was to spot trouble and come up with a strategy for dealing with it," he said.

Woodcock said he first read the top paragraph of Wright's email on March 8, 2013.

"I didn't see it at the time. It actually meant nothing," he told assistant Crown attorney Jason Neubauer.

Neubauer did not pursue Woodcock's answer further.

However, it provides a partial explanation as to how at least one other aide in the PMO, presumably in the know about Wright's payment, failed to flag it to either Prime Minister Stephen Harper or anyone else as a looming political disaster.

It may also explain why, in the early weeks after the \$90,000 payment was reported on May 14, 2013, the prime minister continued to tell the public that



Chris Woodcock, ex-director of issues management inside the Prime Minister's Office, testified at Mike Duffy's trial in Ottawa on Monday. FRED CHARTRAND/THE CANADIAN PRESS

no one on his staff knew. Emails submitted as evidence show there were up to 13 PMO and senior Conservative officials who knew about it.

At the time of the email to Woodcock from Wright, Harper's office was trying to craft a response to a reporter who had inquired of the Conservative Party if it was helping either Sen. Pamela Wallin or Sen. Duffy with their disputed expenses.

They debated whether to respond.

Wright replied to Woodcock the party would only cover expenses incurred on party business and would not be picking up any of Duffy's housing expenses.

"For you only, I am personally

covering Duffy's \$90k," Wright wrote.

Woodcock, who appeared Monday as a Crown witness, said he only realized that was in his email in June 2013, well after CTV broke the embarrassing story that Wright had covered Duffy's bill, by which time

Wright had resigned.

Woodcock testified he received between 700 and 1,000 emails a day and mostly scanned them for "action" items he would have to move on.

He said he was "actually quite surprised" when he realized then that he'd been informed by Wright of his repayment as early as Mar. 8.

That was more than two weeks before March 26, when Wright had another PMO staffer handle the transfer of his personal bank draft for \$90,172.24 to Duffy's lawyer.

Woodcock also testified that Duffy was an "active participant" in the PMO's handling of his expenses controversy and the media "talking points" that were issued about it. The tone of their conversations was collegial and cooperative, he said.

But Woodcock, who said he has since left government, said he was "astonished" when, well after he knew Duffy had "repaid" his expenses, to see Duffy tell a Global News reporter on April 17 that he, himself, had not repaid them.

Woodcock said he couldn't understand why Duffy would suggest such a thing when it was clearly untrue.

TORSTAR NEWS SERVICE

"I didn't see it at the time. It actually meant nothing."

Chris Woodcock on Nigel Wright's email from March 8, 2013



Federal leaders quarrel over economy

A precipitous drop in North American stock markets sparked fresh debate on the federal campaign trail Monday about which leader would be the best choice to manage Canada's finances.

The S&P/TSX composite index dropped 768.5 points shortly after markets opened, before rallying to close down 420.93 points, a 3.12 per cent decline over Friday's close. The dollar, meanwhile, closed down about half a cent.

For Stephen Harper, the plunging economy — fallout from China's worst market performance in eight years — provided a welcome diversion from the relentless revelations of the Mike Duffy trial that have kept the Conservative

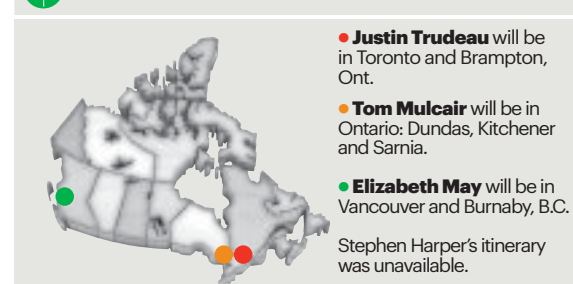
campaign off balance for close to two weeks.

The prime minister's office released a short statement Monday, saying that he had spoken on the phone in the morning with Stephen Poloz, the governor of the Bank of Canada.

"Prime minister Harper and governor Poloz discussed the recent decline in global stock markets and commodity prices, slowing growth in China and emerging markets and the potential impacts on Canada's economy," said the statement, which offered no other details.

NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau blamed Harper for the economic mess and said they could do a better job of running the country's finances.

WHERE THE LEADERS ARE TODAY



Harper repeated that his government is the best bet in uncertain economic times.

Mulcair said Harper "put all his eggs in one basket" by focusing the Canadian economy on the oil and gas sector,

which has been rocked by a downward price spiral.

Mulcair also chided Harper as the only Canadian prime minister to have presided over two recessions.

THE CANADIAN PRESS



A-MAIZE-ING MAZE FIELD OF HOPE This year's corn maze on the Hunter Brothers Farm in Florenceville, N.B., commemorates the 35th anniversary of Terry Fox's Marathon of Hope to raise funds for cancer research. "My dad met him right in front of the house," said Leigh Hunter, 22. "The field is only 100 feet from the road he ran along." Leigh helped his father, Chip, and uncle, Tom, to create the enormous image. HUNTER BROTHERS FARM/TORSTAR NEWS SERVICE

Man reunited with boat that crossed ocean

A Japanese fisherman is to be reunited with his boat more than four years after a powerful tsunami hit his country and carried the craft to the shores of British Columbia.

Kou Sasaki has arrived in

Vancouver and is heading to the coastal village of Klemtu, where his vessel washed up in the spring of 2013.

Spirit Bear Lodge manager Tim McGrady says a hereditary chief's son found the boat that was in

remarkable condition after its journey across the Pacific Ocean.

The mystery of who owned the boat was solved with the help of a Japanese-speaking Canadian who stayed at the lodge last year.

McGrady says she helped find

Sasaki, whose wife and son died in the earthquake and tsunami that killed 19,000 people.

He is to be welcomed at a First Nations ceremony in Klemtu on Friday.

THE CANADIAN PRESS

Cleaner finds, returns cash left in hotel

GOOD DEED

Tourist was elated to have purse returned after vacation

A Windsor, Ont., housekeeper said she expected the usual haul of linens and towels when she began cleaning a room at a Days Inn hotel — not a bag filled with \$4,700 US in cash.

But when Jenn Zojac spotted the purse left behind by a guest who had already checked out, she didn't think twice before handing it in.

"It just seemed like something you're supposed to do," she said.

"You find something in a room that means a lot to someone, you give it back to them."

After searching the bag for ID and finding the wad of cash instead, Zojac immediately turned everything in to the front desk manager, who helped track down the guest in Montreal and arrange for the money to be returned.

Zojac, who has worked at the hotel for three years, said it would never occur to her to do

anything but return the items guests leave behind.

She said she has been caught up in a "whirlwind" of attention online and in local news recently for what she did, but she assumes most people in her situation would have done the same.

She said the important thing is that she acted as a good role model for her children, who are thrilled with the attention Zojac is getting for her good deed.

"They think it's just the coolest thing ever," she said, adding that her son has been carrying around a copy of the local newspaper displaying Zojac's photo on the front page.

Hotel owner Tony Mujral said Zojac has set an example for not only her children, but all the hotel's workers.

"It sends a good signal to everybody. I like to think that when you do honest work it pays

off," he said.

"We, staff and management, are proud of her."

Zojac and Mujral said the guest, part of a group of tourists travelling together, was elated and thankful to have the money returned.

She left Zojac a small reward for her honesty.

THE CANADIAN PRESS

\$4,700

The amount of cash in the purse discovered by Days Inn housekeeper Jenn Zojac.

THE CANADIAN PRESS



It just seemed like something you're supposed to do ... You find something in a room that means a lot to someone, you give it back to them.

Jenn Zojac, Days Inn housekeeper

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Gun jam was opportunity to tackle train assailant

PASSENGERS HONOURED

Lone radicals growing terror threat: security experts

The gunman had an arsenal he claims to have stumbled upon in a park near the train station. Like three other men accused of drawing up failed plans for attacks in France recently, the suspect denied any links to terrorism, telling his lawyer he was homeless and wanted to rob a train only "to eat."

Instead, the assault rifle jammed, and he was tackled and bound with a necktie by three Americans and a Briton who were celebrated Monday with France's highest honour. Now, with many lives potentially saved on the high-speed train by quick-thinking and courageous passengers, the limits of a continent's worth of security were thrown into relief by a lone attacker during a less-sophisticated act of violence.

"I don't think we can rely entirely on the police, the law enforcement services. They will do their best. We can put in place the best intelligence networks, but somebody is probably going to get through at some stage."

"And my vision of this is that as citizens, we need to be prepared to think about how to act," Chris Norman, the British businessman who helped bind the suspect, told The Associated Press.

"We need to have it in our minds, because if I had never thought it before, then I prob-



From left: British businessman Chris Norman; Anthony Sadler, a senior at California State University; French President Francois Hollande; U.S. Airman Spencer Stone; and U.S. National Guardsman Alek Skarlatos at the Elysee Palace, Monday in Paris. Hollande pinned the Legion d'Honneur (Legion of Honour) medal on Stone, Skarlatos and Sadler, three long-time friends who subdued a gunman on Friday, Aug. 21, as he moved through a speeding train with an assault rifle strapped to his bare chest. Norman also jumped into the fray. MICHEL EULER/THE ASSOCIATED PRESS, POOL

ably would have just been sitting in a corner covering," Norman said.

With thousands of Europeans believed to be radicalized by propaganda from the Islamic State of Iraq and the Levant (ISIL), and legions of security forces guarding the most visible targets, governments are increasingly worried about the possibility of carnage by individuals, with little planning, in a setting where there is minimal or no security.

If the attack fails, terrorist groups simply ignore it. If it succeeds, they claim respon-



You don't have to be all that well-trained. There's one threshold: You have to be able to load the weapon.

Terrorism expert William Braniff

sibility for the work done by their "brother."

"This creates a really interesting dilemma for law enforcement. You don't have to be a mastermind or a sophisticated individual to kill a lot of people if you have weapons and they do not," said William Braniff, director of the National Consortium for the Study

of Terrorism and Responses to Terrorism. "You don't have to be all that well-trained. There's one threshold: You have to be able to load the weapon."

That, apparently, was something the gunman — identified as Ayoub El-Khazzani, 26, of Morocco — was unable to do, according to Spencer Stone, the U.S. airman who subdued

the attacker on a train from Amsterdam to Paris. Stone said he saw the man holding an assault rifle that "looked like it was jammed and it wasn't working."

ISIL has issued no comment on the failed attack. But on Sunday, a pro-Islamic State media group released a nine-minute video again calling on "Lone Lions" to kill Americans and Europeans.

"If it's a foiled attack, the most obvious reaction would be to deny," said Jean-Charles Brisard, a French security consultant and terrorism expert.

THE ASSOCIATED PRESS

SPACE STATION

Orbital research boozy

Spirits arrived at the International Space Station on Monday. Not the ghostly ones, but the kind you drink — distilled spirits.

The six astronauts won't be sneaking a sip. It's all for science.

A Japanese company known for its whiskey and other alcoholic beverages included five types of distilled spirits in a space station cargo ship. The station's big robotic arm — operated by Japanese astronaut Kimiya Yui — grabbed onto the supply craft launched Wednesday by his homeland. Flight controllers helped anchor it down.

The supply ship contains nearly 10,000 pounds of cargo, including the six liquor samples. Suntory Global Innovation Center in Tokyo wants to see if alcoholic beverages mellow in space as they do on Earth.

The samples will be used for experiments and will spend at least a year in orbit before being returned to Earth. An identical set of samples will be stored on the ground in Japan.

The experiment has NASA's blessing. Spokesman Dan Huot said all research flown to the space station is agreed upon by everyone involved. It's not the first liquor-related space study.

Japan also sent up 12 mice aboard the Kounotori vessel, Japanese for white stork, as part of an aging study.

NASA has considerable equipment aboard the supply capsule. Many are replacements for items lost in the failed SpaceX supply run at the end of June. The Florida launch accident destroyed everything on board. The replacements include spacewalking equipment, an emergency breathing kit, toilet wiring and parts for the water recycling system.

The 250-mile-high outpost was in need of fresh supplies, after losing three shipments in eight months. SpaceX remains grounded, as does another U.S. supplier, Orbital Sciences Corp., which suffered a launch explosion last October in Virginia. A Russian cargo ship went out of control in April and was destroyed on re-entry, but the country has since corrected the problem and resumed deliveries.

U.S. astronaut Scott Kelly — who last week said the delivery was "very important" given the circumstances — welcomed the stork.

"Great job by my crewmates," Kelly said via Twitter.

THE ASSOCIATED PRESS

PHILADELPHIA

Inmates building Pope chair for visit

Inmates in the Philadelphia prison system are creating a stately chair to give to Pope Francis when he visits next month.

At a prison workshop on Monday, inmates worked to sand and refinish the wooden chair, which stands nearly six feet tall.

Another group of inmates previously hand-carved the piece out of walnut. Soon, it will be sent to nearby Curran-Fromhold Correctional Facility to be upholstered by other inmates.

Francis plans to go there Sept.



MICHAEL PEREZ/THE ASSOCIATED PRESS

27 to meet with about 100 inmates and some of their relatives during a two-day trip to the city.

Francis has made prison ministry a focus of his pontificate. He meets frequently with inmates and on two occasions washed prisoners' feet during pre-Easter rituals.

THE ASSOCIATED PRESS

IN BRIEF

No more known Ebola cases in Sierra Leone

Health authorities in Sierra Leone released the country's last known Ebola patient from a hospital on Monday, a milestone that allows the nation to begin a 42-day countdown to being declared free of the virus that has killed nearly 4,000 people there. Sierra Leone must go 42 days — equal to two incubation periods of 21 days — in order for the World Health Organization to make such a declaration.

THE ASSOCIATED PRESS

SPAIN

Untrained woman lands private plane

A Spanish woman who had never flown a plane brought a micro-light aircraft in for a crash landing after her pilot husband lost consciousness during the flight, officials said Monday. She was recovering in a hospital in the southern city of Seville.

An emergency services spokeswoman said the woman "had no notion" of flying and air traffic controllers talked her through the procedure for some 90 minutes before she attempted the emergency landing

on Sunday.

The woman's husband died but it was not clear if that happened before or after the crash in an orange grove, three kilometres short of the runway at Seville's airport.

A hospital spokesman said Monday the woman suffered multiple injuries but her life was not in danger.

The officials spoke on condition of anonymity in keeping with their job regulations.

THE ASSOCIATED PRESS

Police discover roomie's body

LOUISIANA

Suspect in trooper's death accused of second killing

The roommate of a man arrested in a Louisiana state trooper's death was found dead Monday, and the suspect in the trooper's slaying is also suspected in this case, a sheriff said.

The man was found dead Monday in a home he shared with Kevin Daigle, 54, in Moss Bluff, Calcasieu Parish sheriff Tony Mancuso said Monday at a news conference.

He said a deputy went by the home Monday morning after authorities were notified that the roommate had not arrived at work. The deputy found the roommate dead amid signs of a struggle. The roommate's name was not immediately released.

Senior trooper Steven Vin-

cent, 43, died Monday, a day after an apparently stranded motorist shot him in the head and then stood over him to tell him he was going to die soon, state police said.

Authorities plan to charge Daigle with first-degree murder in the trooper's slaying.

Vincent had been trying to help a man whose pickup truck was stuck sideways in a ditch, Col. Mike Edmonson said during a news conference Monday.

Edmonson also introduced the Good Samaritan who he said wrestled the sawed-off shotgun away from the man accused of shooting the trooper.

"This is a hero," Edmonson said of Robert LeDoux of Iowa, La., a town of about 3,100 where one of Vincent's brothers is police chief. LeDoux was the first of four people who stopped to help.

Another driver who had passed the shooting scene told LeDoux that a trooper had been shot, so LeDoux sped there, jumped out and grabbed Kevin

Daigle and "moved him off our trooper," Edmonson said.

LeDoux then used Vincent's radio to let police know an officer was down and ask for help.

Edmonson said Daigle, 54, of Lake Charles, was under arrest at a hospital.

Sgt. James Anderson, southwest Louisiana spokesman for state police, said Daigle was hospitalized for some scrapes and other injuries he sustained while the other motorists subdued him. THE ASSOCIATED PRESS



Senior trooper Steven Vincent. LOUISIANA STATE POLICE/ THE TIMES PICAYUNE VIA THE ASSOCIATED PRESS



SWITZERLAND POLICE CAR PULLED FROM RHINE The Swiss army helps recover a German police car from the Rhine River in Mumpf, Switzerland, on Monday. The vehicle disappeared into the Rhine in June 2013 when officers forgot to apply the handbrake during a police control. A hobby diver discovered the wreck a week ago, around two kilometres from the accident scene. PASCAL BLOCH/KEystone VIA THE ASSOCIATED PRESS

KIDNAPPING

Pakistan rescues hostage

A Chinese tourist held captive for more than a year by the Taliban in Pakistan has been freed by the country's security forces and intelligence agencies, authorities said.

China's state-run Xinhua News Agency identified the hostage as Hong Xudong, who was abducted in May 2014 near the northwestern Pakistani city

of Dera Ismail Khan. Hong, who is from central China's Hubei province, had entered the country from India and had been travelling around Pakistan by bicycle.

Pakistani Interior Minister Chaudhry Nisar Ali Khan announced the rescue of a Chinese hostage late Sunday night, without naming Hong. Xinhua,

citing a statement from the Chinese Embassy in Islamabad, said Hong was rescued Saturday and handed over to their diplomats on Sunday, without elaborating.

The kidnapping was claimed by a splinter group of the Pakistani Taliban. The group has killed tens of thousands of people in Pakistan over the last decade. THE ASSOCIATED PRESS



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TECHNOLOGY

LG announces new Android tablet

Following on the heels of the unveiling of its second generation 8-inch G Pad earlier this month, LG announced on Monday that it has come out with a new version of the Android tablet.

The 10.1-inch G Pad II comes with a larger display at 1920 x 1200, plus a boost in hardware with 2 GB of RAM and a 2.26 GHz Snapdragon 800 processor. The new tablet also offers several software features, such as an e-reader mode to ease the eyes when reading, and a multi-task feature to use two apps side-by-side.

LG also claims that the 10.1-inch tablet will offer one of the best batteries in its class — at 7,400 mAh — which could improve the device's overall appeal.

The company has not an-



LG's new 10.1-inch G Pad II tablet. COURTESY LG

nounced an official launch date or price for the tablet but will unveil it at the IFA trade show in Berlin next month. It is expected to be available in North America and Europe. AFP

Financial planning critical amid plunge

STOCK MARKET

Experts urge investors to adjust their portfolios

The plunge in the stock markets in recent days may have rattled investors, but a financial adviser says the drop is a reminder of the importance of understanding your risk tolerance and building a strong financial plan.

The S&P/TSX composite index is down more than 15 per cent from its high reached last year, while the Dow Jones industrial average is off more than 10 per cent from its high reached earlier this year.

"If you are telling me today that your risk tolerance is not what you thought it was and you're in the wrong model and you don't want

any downside losses, then we have some things to chat about," said Brent Vandermeer, a portfolio manager with HollisWealth.

If the plunge in the markets has rattled your nerves and you've realized that you really can't tolerate the risk like thought you could, Vandermeer recommends making changes to your portfolio now.

"You can't postpone and hope that tomorrow is better," he said. "The trend is usually persistent for a while."

The drop in the market follows a move by China earlier this month to devalue its currency amid concerns about growth in its economy.

The stock market has also been fuelled in recent years by the flood in cheap money made available by central banks, which helped keep interest rates low.

THE CANADIAN PRESS



A New York Stock Exchange trader talks on his phone. SETH WENIG/THE ASSOCIATED PRESS

IN BRIEF

TransCanada reaches deal with gas companies on Energy East project

TransCanada Corp. resolved a major challenge to its \$12-billion Energy East project after reaching an agreement with three natural gas distributors who say the deal insulates customers from the additional costs of converting the pipeline. Under the agreement announced Monday, customers in Ontario and Quebec won't be on the hook for extra construction and development costs and will save \$100 million between 2018 and 2050, the natural gas companies said.

THE CANADIAN PRESS

market minute



DOLLAR

75.40¢ (-0.54¢)



TSX

13,052.74 (-420.93)



OIL

\$38.24 US (-\$2.21)



GOLD

\$1,153.60 US (-\$6.00)

NATURAL GAS: \$2.65 US (-3¢)

DOW JONES: 15,871.35 (-588.40)

ASHLEY MADISON

Police confirm extortion of site's clients

The hack of the cheating website Ashley Madison has triggered extortion crimes and led to two unconfirmed reports of suicides, Canadian police said Monday.

The company behind Ashley Madison is offering a \$500,000 reward for information lead-

ing to the arrest of members of a group that hacked the site.

Hackers last week released detailed records on millions of people registered with the website, a month after a break-in at Ashley Madison's parent company, Toronto-based Avid Life Media Inc.

Toronto Police acting Supt. Bryce Evans said the hack is "one of the largest data breaches in the world."

Evans said there are confirmed cases of criminals attempting to extort Ashley Madison clients by threatening to expose them unless

payment is received.

He added that the hackers released the entire Ashley Madison client list, which claims to have more than 30 million users worldwide. Evans did not offer details on the unconfirmed suicides.

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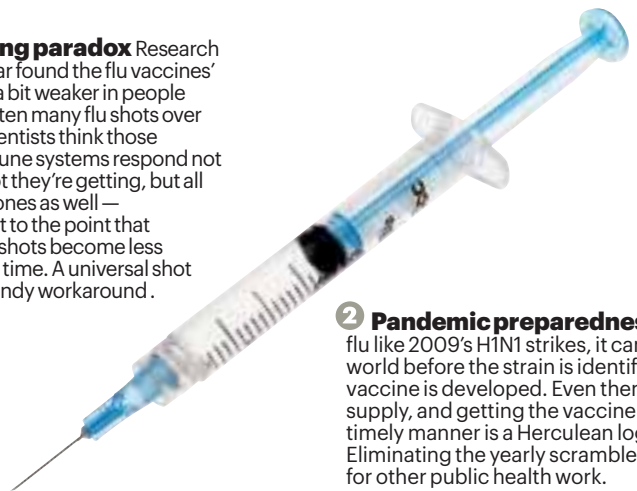


Amid the debate about liberalizing alcohol sales for convenience's sake, recovering alcoholics worry easier access to booze will push many off the wagon. TORSTAR NEWS SERVICE

THE BIG THING: A FLU SHOT TO END ALL FLU SHOTS

Nobody likes needles. The flu shot — though safe and effective — may be the most hated of all, not least because it requires a new jab every year. The science of guessing what strain will dominate sick rooms and emergency rooms in any given season is inexact (last year, the Canadian shot was only about 23 per cent effective against the flu that was going around). New research could potentially change that. In two successful studies published this week, an experimental vaccine using a part of the virus that is universal to all types of flu apparently worked pretty well at generating immunity in mice and ferrets. If human trials show the same, it could be great news for the fight against flu. SOURCE: NATURE MEDICINE, SCIENCE

1 A puzzling paradox Research earlier this year found the flu vaccines' protection is a bit weaker in people who have gotten many flu shots over the years. Scientists think those people's immune systems respond not just to the shot they're getting, but all the previous ones as well — overworking it to the point that additional flu shots become less effective over time. A universal shot would be a handy workaround.



2 Pandemic preparedness When a nasty seasonal flu like 2009's H1N1 strikes, it can be halfway around the world before the strain is identified and a targeted vaccine is developed. Even then, demand often outstrips supply, and getting the vaccine where it needs to be in a timely manner is a Herculean logistical challenge. Eliminating the yearly scramble could free up resources for other public health work.

3 One more shot Misinformation about the supposed "dangers" and ineffectiveness of vaccines spreads faster than an airborne virus around the Internet, despite having no basis in fact. Convincing people to make time for a flu shot every year isn't getting any easier. A single jab that protects against all strains of flu — incorporated into the usual vaccinations required for school — would be an epidemiologist's dream.

Indigenous people have mixed feelings on voting

BIRCHBARK BITINGS

Niigaanwewidam
James Sinclair



Last month Assembly of First Nations National Chief Perry Bellegarde called on indigenous peoples to "get out and vote" in this fall's election. If First Nations voters "send the strong message this time around that our votes matter," Bellegarde declared, "it could have a huge impact."

Hundreds of indigenous leaders have followed suit, and this election is expected to see the highest participation of First Nations voters since Prime Minister Diefenbaker gave us the right in 1960. In addition, many indigenous candidates are running for office. Indigenous issues are mentioned regularly during campaign stops.

Long ignored, indigenous peoples are a part of today's national electoral conversa-

tion. The challenge is that many First Nations do not vote for legitimate reasons. Some don't believe parties' promises of funding for currently inequitable education and health systems, inquiries into murdered and missing indigenous women or justice for long-standing land claims. So they don't see a viable option. Many reasons, however, go much deeper.

A big one is that many indigenous peoples maintain the position (via documents like treaties) that First Nations are autonomous nations — and to vote in another nation is like a French voter voting in a Belgium election.

Another is that Canada continues to institute an ongoing cycle of violence (see: the oppressive Indian Act), and for indigenous people to participate in a system that refuses to change is to be complicit in their own abuse.

Yet another reason argues that energy is better spent

on building the autonomy, government and sense of community for indigenous nations than on buying into false notions of Canadian "unity."

At the same time, it's hard to argue with Bellegarde. In 51 electoral ridings, indigenous voters are the majority. Their votes could make the difference between a majority and minority government.

It's also hard to argue with critics of voting. After nearly 55 years, Canadian politicians have failed unilaterally to serve indigenous voters, and many socio-economic indicators show that many indigenous peoples are worse off now.

Today, there is no more pressing issue in Canada than reconciliation with indigenous peoples. As evidenced in the struggle over the Harper government's energy agenda, First Nations hold the keys to any economic future involving resources such as oil and

water.

Unless Canada finds another way, indigenous peoples have to be meaningfully engaged in federal politics.

To some aboriginal people, this country has seemed like a big, happy party, and they've been on the outside looking in.

Now that they've been invited, some don't want to enter. Others, like those who work in institutions such as universities, often work for both better indigenous governance and better representation at the federal level. I vote, but certainly understand my relations who don't.

For Kanata (Iroquoian for "village") to truly live up to its name, this Oct. 19 must be a step in a direction where both paths can be reconciled.

Niigaanwewidam (Niigaan) James Sinclair is a writer, activist, and Department Head of Native Studies at the University of Manitoba.

metroview

Liberals: Millennials are not in the mushy political middle



Dan
Darrah
For Metro

"I want to vote Liberal, but I just can't."

It's a phrase I've heard muttered in university bars, and it's usually shorthand for the futility of Liberal pandering.

For much of our history, the Liberals catered to a broad "public" consisting of groups — middle class workers, socially liberal yuppies, small-business owners — whose support has been gradually siphoned off by the Conservatives and NDP. The party's response was to elect Justin Trudeau as leader, extending an olive branch to young voters.

It's a sensible strategy, and the campaign presented a clear opportunity to make good on it. As a young voter, I can tell you the Grits have our attention. Many of us believe in legalizing and regulating marijuana; the Liberals agreed before it was politically popular. Many of us think raising taxes on the rich will help address income inequality; the Liberals have pledged to raise income taxes on high earners.

Meanwhile, the NDP promises raising taxes is "not on the table." And there's the surfaced footage of NDP Leader Thomas Mulcair lauding former U.K. Prime Minister Margaret Thatcher's policies. As a rule, young voters are not fans of Thatcher-style neo-liberalism and trickle-down economics.

Such could be the basis of Liberal gains at the NDP's

expense. But the Grits are blowing it by falling back on an old habit: Pandering to too many crowds, many of which are lost causes as voters.

It's not very likely Conservative voters will stray from the Tories because the Liberals supported anti-terrorism legislation the incumbents introduced. Yet Trudeau instructed his caucus to support C-51, a contentious bill Millennials have widely derided as an affront to digital privacy. In so doing, he sent throngs of young voters to the NDP.

The Liberals' C-51 play stands in for many politically insecure stances. Their record under Trudeau suggests the party's ideal voter is someone who wants a government concerned about personal liberty but only occasionally interested in upholding it; moderately concerned about the environment but unsure if the answer is cap-and-trade, a carbon tax or nothing at all; supportive of the middle class but not to the extent of implementing a federal minimum wage or national child care.

The NDP has its base. The Conservatives, theirs. Liberals dominated the 20th century by occupying the mushy middle; not turning anyone off. But the 20th century is over. In the 21st, the Grits' wishy-washy platform is turning off young voters when they're needed most.

Dan Darrah is a public policy student at Ryerson University and an editor at Critical Perspectives (criticalperspectives.org)

Rosemary Westwood will return next week.

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Stephanie Seymour the new face of The Room at the Bay

How safe are your skin spots?

AGING

How doctors assess skin patches and pigmentation

Middle age often carries with it a number of advantages, one of which is a clearer complexion. But as acne becomes a distant memory for most people, other issues arise to plague aging skin.

Sun spots, age spots, liver spots, granny warts — whatever you call them, brown pigmented spots are common eruptions as we age.

Dermatologists don't use these terms, knowing that what one person calls a liver spot another will call an age spot. But assessing and excising these pigmented spots is a daily event for skin doctors.

"Pigmented lesions and brown spots are a huge part of dermatology," says Dr. Lisa Kellett, a Toronto dermatologist who works at the clinic DLK on Avenue.

"Sometimes they just want reassurance," Kellett says of the patients she sees with these skin spots.

"And other times they say, 'You know, I really hate the

look of this. Can you get rid of it for me?'"

There are two main types of these pigmented brown spots, solar lentigines and seborrheic keratoses. The good news is that both are benign; they are not early manifestations of skin cancer.

But people should not self-diagnose what they are seeing, Kellett says. She tells her patients she wants to see them if they develop new spots or moles, or if existing ones change.

Protection Most people use much less sunscreen than they need

Dr. Benjamin Barankin agrees. Medical director of the Toronto Dermatology Centre, Barankin says these types of pigmented brown spots are not directly linked to a higher risk of skin cancer. But these spots pop out when people are older — which is also the time when the risk of developing cancerous melanomas increases.

As well, people who have these spots may become complacent — taking reassurance from the fact they were once told those brown patches aren't skin cancer — and miss a melanoma hiding among an array of pigmented spots on their backs, Barankin says.

So what are solar lentigines and seborrheic keratoses?

Let's start with lentigines. You may never have heard the term, but if you can picture the hands of an elderly white adult, you probably know what they are.

As freckles can dust the nose and the cheeks of some fair-skinned folks, brown spots can mottle the skin on the back of some aging hands.

Lentigines or lentigos are like freckles, says Barankin. But where a true freckle will fade in the winter when sun exposure is limited, these spots do not go away on their own.

Lentigos are the result of sun exposure. If you are fair skinned and you don't want them dotting the backs of your hands, limiting sun exposure or protecting your skin with a sunscreen with a sun protection factor, or SPF, of at least 30 is advised.

Slather it on, says Barankin, who notes most people apply about one-third to one-half of the recommended amount of

sunscreen.

Some commercial bleaching creams will help fade these spots, but may not get rid of them entirely if they are dark and have been on the skin for a while.

Dermatologists can zap these spots off using either a laser or liquid nitrogen. The procedure is not covered by health care. And if your skin is prone to developing lentigines, unless you protect it from the sun you will likely develop more.

The other type of pigmented brown spot is a seborrheic keratosis — or keratoses, if you have more than one. People who develop these crusty, dark brown spots often do.

Barankin sees patients with dozens of these spots, which are generally found on the

torso. They are not caused by sun exposure.

"You cannot prevent them," he says. "It's your genetics and getting older."

Dermatologists can also zap off seborrheic keratoses, using the same techniques as they do for lentigines.

"For the flat ones, it has a success rate of between 85 and 90 per cent with one treatment," Kellett says of laser therapy. "It depends on how thick it is. The thicker they are, the more difficult they are. But it's a very good

treatment."

Really thick keratoses that have been around for a while may need to be cut out, she notes.

And both she and Barankin say if you don't like these spots, it's easier to get rid of them when they are new.

"Whether it's the keratosis or the lentigo, they will come off easier the earlier you get at them," Barankin says.

THE CANADIAN PRESS

PRODUCTS

Keep your summer holiday glow, from head to toe

Summer is winding down, but that doesn't mean you have to submit to the winter blues without putting up a fight. If you want to carry your sun-kissed glow into the autumn then here are some tips.

Skin

The key words here are exfoliation and moistur-

izing. Get rid of rough patches with a store-bought scrub or whip up your own DIY one using ingredients such as sugar, sea salt and natural oils. Regular and intense hydration is the secret to keeping

your tan locked down, so consider investing in a rich moisturizer like the new Body Shop Mega Olive Body Butter, made with Fair Trade organic olive oil.

If you want to cheat a little (hey, there's no harm) then add a little fake tan into the mix to maintain that vacation vibe.

Nails

Keep your nails summery

with fresh nail polish such as the plum shade from Essie's Flowerista series for Spring/Summer 2015, inspired by colourful blooms and ranging from rich nudes to a strong fuchsia vibe.

Hair

If you find yourself with blonder strands than usual at the end of the

summer then using highlight enhancing products might help keep them around. Or, head to the salon for a few professional highlights to keep things summery. Bronde is the hottest hair colour of the moment, and can be recreated at home. When it comes to styling, keep those beachy waves in the picture with the help of a sea spray such as Sachajuan's Ocean Mist Texturizing Spray, which promises the texture and smell of a hard day's surfing. AFP



Swim and run to the finish

COMPETITION

Swedish competition is among hardest races in world

Swim a little, run a little — make that a lot — as you navigate fresh trails, choppy water and extreme temperature transitions with a magnificent landscape as the backdrop. That's what to expect from a Swimrun — a Scandinavian trend spreading far and wide.

There's no such thing as an indoor Swimrun: Natural courses span through forests, across rivers and over islands — basically anywhere that's off the beaten path.

Swimrunners race in teams of two, and because the courses are so hardcore, a minimum age of 18 is required for most competitions.

From start to finish, teams bring their equipment, which includes wetsuits to keep them insulated; northern waters are frequently just 10 degrees Celsius, even on the hottest days.

Water and food checkpoints are positioned throughout the course, along with medical staff to survey the athletes in case of an emergency.

The simple blend of trail running and open water swimming started in Sweden, where

extreme sports enthusiasts and a rocky, ragged archipelago gave way to ÖTILLÖ, the original Swimrun race that later became the Swimrun World Championship.

At ÖTILLÖ, teams skim a total of 26 islands off the coast of Stockholm, covering a distance of 75 kilometres, 10 of which are crossed by sea.

They make a total of 52 transitions, hopping in and out of the water and sprinting across the islands.

Swims range in length between 100 and 1,780 metres and runs are between 70 and 19,700 metres, according to event organizers.

The dawn-to-dusk race was conceived in 2002 by Anders Malm of Utö, Sweden, and his colleagues when they challenged each other to a casual version of the race. The last team to hit a predetermined restaurant had to pay for what the teams that arrived before them had ordered.

Known as the founders of Swimrun, Michael Lemmel and Mats Skott commercialized the sport in 2006 and the trend started its journey across Scandinavia.

As word of the trend spread, spinoff races started cropping up along ragged coastlines including the Norwegian fjords, drawing an increasingly international crowd each time.

The Swimrun World Cham-

pionship will celebrate its 10th anniversary Sept. 7, when 120 qualifying teams — the rest of the waiting list of 550 — will sweat and shiver it out for what is becoming renowned as one of the toughest races in the world.

The final list of participants represents more than 23 nationalities and an Alpine version of the sport is hitting the mountains. AFP



A swimming race in Swimrun in May. FREDRIK ERIXON/HANDOUT

+ IN SWITZERLAND

Canada for the win

Last year, in a competition in the Engadin valley in the Swiss Alps, Swede Björn Englund and Canadian Paul Krochak won the race that was a mix of trail running and swimming for a total of 52 kilometres in mountain terrain.

They crossed the finish line in 06:28:10, beating the second-place win by half an hour. METRO



Trail running in Swimrun in May. FREDRIK ERIXON/HANDOUT



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Kravitz, as always

INTERVIEW

Rock star still strutting his stuff

Lisa Weidenfeld
For Metro

Lenny Kravitz is one of those musicians who could be coasting by now.

He's had huge hits, appeared in *The Hunger Games* and performed in the Super Bowl with the famous Left Shark (oh, and Katy Perry and Missy Elliot). But he's just as hard working as ever, with 2014's *Strut* earning high praise from Rolling Stone, and a current tour (that included a date in Sweden and a wardrobe malfunction that took the Internet by storm).

The resulting album has a gritty old-fashioned feel to it, which has led to some moody, black and white music videos that almost look like art films.

"That's what I gravitate towards, really. The music I think calls for that," says Kravitz. He says he likes black and white

because "it can be so much more dynamic and realistic."

He found people to collaborate with who were already doing the type of work he was imagining for the videos, but says the result is always a pleasant surprise.

"You still never know what you're going to get until it's done. Videos have always been that way. You hire the person you want, and everything's perfect until you get it and it's not what you thought. Sometimes it is. But these last videos, I was very happy with."

The album also marks his first release under his own record label, Roxy Records.

"It gave me an opportunity to exercise a lot of the things I've learned. And also to follow my desires: This is how the money's spent, this is what we're going to do, etc."

But just because he's running things now doesn't mean he's changing what he does too much. He played many of the instruments on *Strut*, just as he's always done.

"It's just the way I started. I didn't do it on purpose. I couldn't afford to pay people

SUPERBOWL PIECING IT TOGETHER

'You definitely don't want to screw up'

Kravitz played for one of the biggest audiences in the world earlier this year when he played the Super Bowl half time show with Katy Perry, which he called "surreal."

"I've done my own concerts in front of a million people. I did a concert years ago in Rio for a million people. (At the Super Bowl)

there are less people in front of you, but you realize it's going out to millions of people across the world. So you definitely don't want to screw up."

He also had high praise for the headliner, saying Perry "hadn't eaten for, like, two weeks. She's very disciplined, working day and night. So it was a good release afterwards."

when I made my first record, so I played all the instruments myself. Then it became sort of my thing, my sound." The album has been enough of a success that Kravitz is still touring in support of it a year later, but he says he doesn't let that kind of thing go to his head too much.

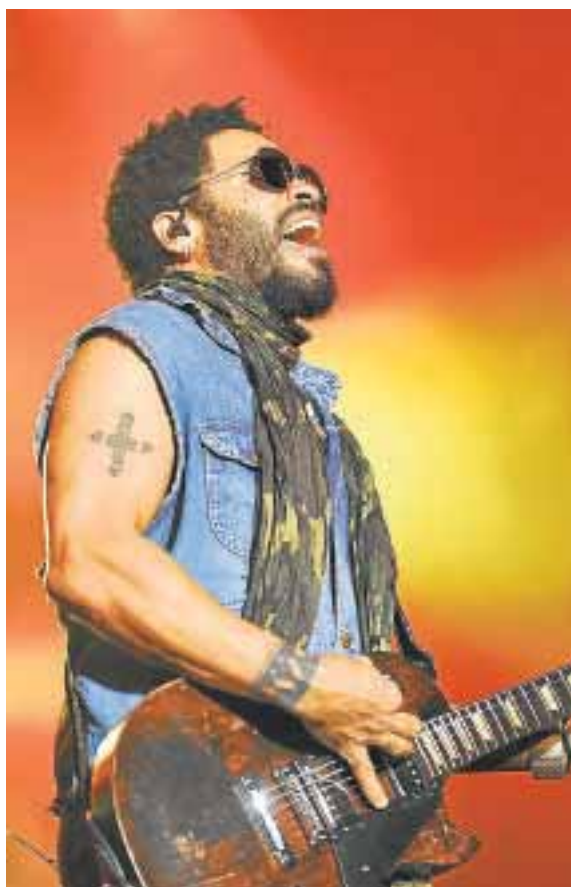
"Anytime someone says something nice, it's a nice thing. Whether or not I get recognition, I stand by my work. I express myself honestly and authentically, so therefore it's

successful."

That honest expression is important when he considers what to write about next.

Asked if he's interested in any particular subject, he answers, "Whatever comes. You know, it's your heart speaking, your soul, your subconscious. It's all of that. So whatever has to come out, comes out."

And wherever that type of thinking takes him, he's happy. "I'm always wanting to do something I'm not doing, because that's just the way I am."



Lenny Kravitz is still touring in support of his 2014 album *Strut*. GETTY IMAGES

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CONTINUING EDUCATION



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Meeting online demand

Robertson College

Robertson College updated its online offerings last year to meet the demand in the Canadian market for online programs that are paced for the busy lifestyles of today.

Much like its classroom courses, Robertson College offers many online programs that will have you in a new career in less than a year, including health care, business, and IT.

"These programs have been designed to be completed in under a year so people can upgrade their skills and be working in a new career or a better position at their current employer without having to commit two to four years to do so," says Geoff Nevin, director, marketing for Robertson College.

If going back to school is something you have long considered, but haven't been able to decide on what type of training will get you closer to those career goals, Robertson

provides career counsellors to help people evaluate what skills they may already have and what training they may need to enter the workforce or profession of their choice.

Robertson College will also help guide them to a career in an industry where employers are actively hiring so they can begin working immediately upon graduation, as well as provide training through career services to help prepare students for their job search and new careers.

At Robertson College, both online and classroom programs start every month, so there is no need to wait for the next traditional semester to start working towards your education goals.

"Monthly intakes provide students flexibility to start programs when they are ready," Nevin says.

For more information about the online programs and funding options available for these programs, visit robertsoncollege.com.

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TRAINING THAT BUILDS KNOWLEDGE

MITT IS KNOWN AS THE 'WORK SCHOOL'

Manitoba Institute of Trades and Technology (MITT) is called the "work school" for a reason — all of MITT's courses directly relate to the workplace.

These courses lead to certification and help students build confidence within their chosen fields.

In line with this vision, MITT is highlighting four courses this fall and winter: National Pharmacy Technician Bridging Education Program™; heavy equipment operator certificate (HEOC); voice data video M license; and Cisco certification.

"Our focus is on training that builds knowledge and skills capacity of individuals contributing to the growth of Manitoba businesses," says Greg Scheelar, workforce development officer, MITT.

"These courses are a way that MITT connects with various industry partners by providing timely training for their staff."

The National Pharmacy Technician Bridging Education Program is required training for anyone who wishes to retain their pharmacy technician designation.

The HEOC was developed in partnership with the Manitoba Heavy Construction Association and will launch in January.

The HEOC program combines classroom theory and in-seat simulator training.

"This gives opportunity to experience real-life situations without putting students or an expensive piece of machinery at risk," Scheelar says.

Concluding with a practicum requirement, students spend time with their employer operating a piece of heavy equipment.

The Cisco certificate training encompasses the necessary skills and knowledge that is required to grow in the IT field.

And, finally, the voice data video course



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prepares people to write the M licence test, allowing them to install cabling for computer networks and security systems.

These courses all address direct industry needs in a timely and cost-effective fashion that fit into the schedules of busy adult learners.

"Our training is cost-effective and is directly

connected to industry," Scheelar says. "We also understand that people have full lives, so it honours our students' busy schedules by teaching exactly what is needed in an efficient and effective manner."

For more information about any of these four courses or the many other courses offered through MITT, visit mitt.ca.

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Need to top up your skills? We can help.

Today's workforce is changing: employers want trained workers with valuable skills ready to go. MITT offers innovative, real-world training in industries that need people now, and in the years to come. It's no accident that our grads have average placement rates of almost 90%.

Language training, other courses and employer workforce development training are also available.

For more information or to sign up for a campus tour, visit MITT.ca or call 204-989-6500



MANITOBA INSTITUTE OF
TRADES AND TECHNOLOGY
THE WORK SCHOOL

HARNESS THE POWER OF THE INTERNET

AT HERZING COLLEGE

Now more than ever, businesses and organizations rely on their online presence to create awareness for their products, services, and brands in general.

Whether it is through a website, search engine optimization (SEO), or social media, companies are seeing the need to hire skilled employees to create and manage their online presence.

"This recent surge in online marketing has made individuals with these skills an asset to any organization," says Jenna Boholij, marketing communications — Canada, Herzing College. "Through Herzing's media co-ordinator program, individuals will learn the skills needed to harness the power of the Internet to bring awareness to any organization through any industry."

The media co-ordinator program is designed to provide students with a wide range of marketing skills, including social media, and online marketing, advertising and communication techniques.

Areas of study include social media fundamentals and strategizing, communication



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and writing skills, marketing and advertising, graphics and web management, basic video skills, crisis management, and search engine marketing.

While many people may believe they have mastered the online world through their own personal Facebook, Twitter, or In-

stagram accounts, this course is designed for business and professional environments

"When it comes to navigating the world of social media in a professional setting there is a right and a wrong way to do it," Boholij says. "This program will help individuals avoid many common mistakes that

STUDENT SERVICES

Herzing College wants to make sure that every student who walks its halls have the chance to succeed in their chosen field.

To help do this, Herzing College has a number of student services available, such as admissions advisers, career development classes, one-on-one resumé assistance, as well as helping to place students with suitable internships.

we see online today."

The program is nine months in length (20 hours per week, Monday to Thursday) and includes a six-week internship.

For small business owners or marketing professionals with relevant experience, the social media and digital marketing certificate may be the professional development training to help you move your career or business to the next level.

For more information about media co-ordinator training at Herzing College, please visit herzing.ca/winnipeg.

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Find your potential and succeed at AEC

Life happens, and sometimes that means life has gotten in the way of completing educational goals.

Adult Education Centres (AEC) understand that life sometimes does not always go as planned and can help get your education journey back on track by offering a friendly, supportive and encouraging environment.

"AEC is a great learning environment because everyone on staff has the same objective — to help people find their potential and succeed," says Sheryl Twardoski, student services administrator. "At AEC, we have an open door policy so you don't have to look very far to find help if you need it, or even just someone to talk to."

No matter what the reason for heading back to school, AEC can help individuals gain their mature high school diploma or the upgrading needed for the next stage of their educational path.

"Staff will work with students to help overcome adversity or to work around or

with it," Twardoski says. "We always try our best to find a solution to help the student stay on track."

To help students stay on track, AEC offers flexible scheduling options and a warm welcoming learning environment for adult learners from all walks of life.

Once students get settled in their class at AEC they will notice there is a community feeling within the class and school.

"I will never forget the experiences and memories I learned at AEC, especially the people that I've met," says Claudine Tolentino, former AEC student. "All I want to say is thank you for everything, for achieving my goal to graduate and get my high school diploma — it means a lot to me."

AEC offers a range of Grade 12 courses, including three mathematics options, English options, and science courses, as well as literacy classes and other courses needed to prepare students for Grade 12.

Courses run twice per year, beginning in September and February.



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Classes run mornings, afternoons and evenings, twice a week, either on a Monday to Wednesday schedule, or a Tuesday to Thursday schedule. AEC is conveniently lo-

cated at 1240 Main St., and funding options are available.

For more information about AEC, please visit adult-education.ca.

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EMBARK ON A NEW CAREER PATH

WITH CON ED PROGRAMS AT RED RIVER COLLEGE

Continuing education programs and courses can help individuals grow for professional or personal reasons.

Red River College (RRC) is offering a number of courses this fall, including one that can turn a love for sports into a career through sports management courses, and another that can help open the door into a career in the real estate field through the real property assessment courses.

With Winnipeg recently hosting the FIFA Women's World Cup, and the 103rd Grey Cup coming up this fall, the city is positioning itself as a premier city for many high-calibre sporting events, making it a great time to consider a career in this field.

Sports management consists of three courses intended to supplement students in business administration or business and admin



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studies programs, providing knowledge and skills specific to the area of management within the broad field of sports.

Each course focuses on skills related to aspects of the Canadian sports scene and will increase your knowledge, understanding and

skill set to function confidently in general administrative areas and specific sport related fields.

"Beyond the fundamentals of sport management, students will learn how to recruit and manage volunteers in sport, including

the HR components, and will gain expertise in the marketing and media part of sport management," says Debra Wutke, program manager, business and management portfolio, school of continuing education, RRC.

"This could span career options as varied as specializing in sport merchandising, managing sporting events or teams, representing sports professionals or teams, on every level from youth, through amateur, leisure and professional ranks."

The real property assessment courses are new to RRC and Manitoba.

In conjunction with UBC Sauder School of Business, RRC is offering two in-class courses that can start you on the path of real property assessment — real estate appraisal (September) and real estate mathematics (January 2016) are the starting courses for this career.

"These two courses will equip students to pursue career opportunities associated with residential or commercial real estate spanning assessment and appraisal to sales and brokering," Wutke says.

For more information about these two continuing education courses, please visit rrc.ca/sports or rrc.ca/realestate.



RED RIVER
COLLEGE

SCHOOL OF
CONTINUING EDUCATION

Real Property Assessment

Prepare for a new career as a Real Property Assessor.

Take the two core courses of the University of British Columbia's Real Property Assessment Certificate Program. They'll prepare you to assess single-family and small, multi-family residential properties, and provide you with the latest techniques of investment and statistical analysis in a real estate context.

These courses are recognized as entry-level employment requirements and will prepare you for membership in the Appraisal Institute of Canada (AIC).

For more information:

204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/realestate



FLC teachers care about their students

Faith Learning Centre (FLC) offers both a literacy program and a mature Grade 12 program. More than 100 adults have graduated with a Grade 12 diploma, going on to university, college and jobs.

Some students have started at the literacy level, and then continued on to complete their Grade 12. There are many courses

available, with English and math at the core of the curriculum. There are a number of options, including a Bible course. Literacy has a continuous intake, while high school has two semesters per year.

Compassionate teachers, small classes and a friendly environment are trademarks of the FLC. Union Gospel Mission has been

serving men and women in the inner city for more than 80 years.

Certified teachers teach the government certified courses, and computers and software programs are the latest available.

Anyone over the age of 18 is welcome to apply.

For more information, call 204-586-1416.



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Jo-Ann Trudeau

When it was time for Jo-Ann Trudeau to choose an institution to continue her skills in the field of human resources, University of Winnipeg's Professional, Applied and Continuing Education (PACE) was a no-brainer.

Trudeau holds a bachelor of arts honours in sociology from UWinnipeg and knew the convenient location and part-time study option were the right fit for her.

"As a UWinnipeg alumna, I didn't give it a second thought," says Trudeau, who completed the part-time human resources management diploma program in 2014 with the highest GPA of her class.

Trudeau enjoyed how PACE allowed her to work collaboratively with students while developing her leadership skills and learning best practices.

She found these skills could be immediately

applied to her work at Manitoba Public Insurance, where she is a senior case manager in the bodily injury division.

"PACE provided an environment to learn and appreciate other ways to learn and how other students analyze problems," Trudeau says. "There is a relaxed environment to discuss and share."

Trudeau appreciated the PACE instructors' willingness to share their knowledge and network, and how her fellow students shared similar challenges.

She also liked the maturity of the students who attend PACE.

"We are all working full time, caring for family and juggling career development. We all shared a like-mindedness of wanting to better ourselves for our families and community."

For more, visit pace.uwinnipegcourses.ca.



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UPGRADE AND REFINE SKILLS AT UMANITOBA

As a father of three young children and working full time in a job he is passionate about, Joel Billing was looking for a way to upgrade his management skills without having to interrupt his busy life.

When Billing was promoted to a new management role within his company, he discovered the certificate program in management and administration (CIM) programs offered online through continuing and professional studies at the University of Manitoba.

"Being able to complete each course during the 'busyness' of life has added a definite sense of personal accomplishment," says Billing, manager of personal lending at Access Credit Union Limited.

Through each course study, Billing says the new knowledge gained is only adding to his overall value as an employee and the overall success of the organization.

"I feel well equipped to challenge each day and am excited for those opportunities, which will allow me to put into practice what is being learned," Billing says.

Billing has been with Access Credit Union

Limited for more than 13 years and says courses such as business law have helped him understand the importance of the legal workings of his position in the financial industry.

And a course like managerial communication has solidified his communication skills with internal employees and external members.

"I want to be part of a successful organization and having the opportunity through the U of Manitoba CIM program is providing me opportunity to develop and refine managerial skills that is supporting my value as an employee of Access CU," Billing says. "Being an effective manager to me is about being a leader and leaving a legacy through coaching, teaching and guiding those I am responsible for."

Billing is set to complete his studies in 2016, something he says he would not have been able to do without the support of his family, especially his wife.

"She's been a great foundation and support in stressful times and I am blessed that I get

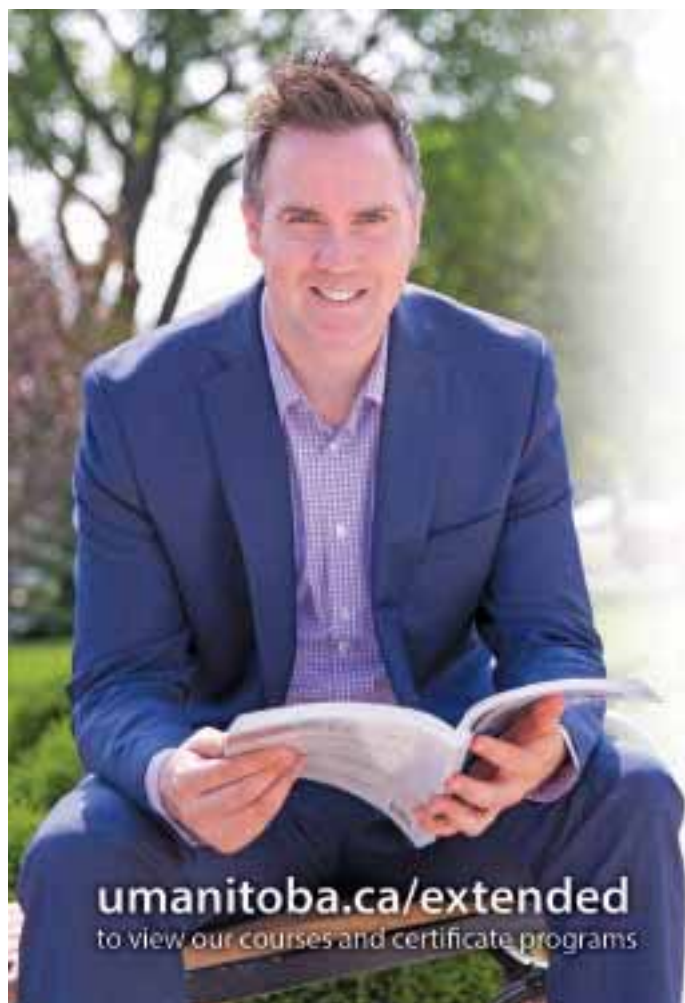


Joel Billing upgraded his skills at the University of Manitoba. CONTRIBUTED

to celebrate the accomplishments with her," Billing says.

To learn more about the CIM program or

other programs offered through continuing and professional studies at the University of Manitoba, visit umanitoba.ca/extended.



umanitoba.ca/extended
to view our courses and certificate programs

LEARN TODAY... LEAD TOMORROW

CONTINUING AND PROFESSIONAL STUDIES

"University of Manitoba's Continuing and Professional Studies was the obvious choice. Being a father of three young children, it was important to me to create a healthy work/life/education balance."

Joel Billing, CIM Program Student

Extended Education



UNIVERSITY
OF MANITOBA

Try your hand at massage therapy

If you love massage therapy but are not yet sold on it as a career option, Wellington College is offering individuals a chance to try their hands at learning a new skill before committing to a full-time program.

Through its one-day introduction to massage therapy workshop, the general public can learn skills and techniques to safely massage friends and family.

"This fun and informative workshop gives the participant the opportunity to investigate massage as a career," says Tricia Neill, operations manager, admissions and workshop co-ordinator at Wellington College.

"The objective of this workshop is to allow the student to be confident in their approach and understanding of what they are doing, and by the end of the day be confident to perform a basic body massage for family and friends."

This workshop will provide students with the skills and techniques to give a good massage in both sitting and lying down positions, as well as learn how to massage the back, neck, shoulders, head, hands and feet.

"Massage therapy affects muscles, circulatory systems and nerves while promoting



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health and well-being," Neill says. "This workshop allows our students to experience learning beyond core subjects, which, in turn, broadens their ability in treating effectively."

This workshop gives the participant a good

indication of what an actual class in the regular program would be like.

Another upcoming workshop for the public is the organic oils and lotions workshop.

In this one-day workshop, participants

EXPAND YOUR LEARNING

For participants who are interested in expanding their learning in the massage therapy field, Wellington College offers two program options — a two-year, full-time remedial massage therapy program, and a three-year distance education option. Both programs allow students to receive the required hours to become a registered massage therapist, and be eligible to work in massage therapy settings.

will receive hands-on instruction in making organic massage creams, lotions, butters and therapeutic gels.

"Participants will be encouraged to smell, touch and taste dozens of fresh, organic and natural oils, butters, waxes, botanical and essential oils and taught to make their own fresh and toxin-free therapeutic massage products," Neill says.

For more information about Wellington College, visit wellingtoncollege.com.

Wellington
COLLEGE

your future is in your hands

call 204.809.9985

or visit www.wellingtoncollege.com

Robertson's career services help students

Alumni also have access to valuable resources

Students go to school to change their lives through meaningful employment, not because they like writing exams.

Robertson College recognizes that the student population has a wide range of experiences, from those in career transition to those right out of high school.

"Our career services department can help focus the graduate job search to something meaningful and attainable to help increase the chance of success," says Michael Boyd, manager career services.

The career services department offers a number of services, including resumé refreshing, mock interviewing, review of job search techniques, promoting available positions through job postings, and connecting students with businesses that they may not have known was an employment option for them.

"On average, 50 per cent of students get hired through the practicum we set up for

them," Boyd says. "Of the remaining graduates, I would estimate 75 to 80 per cent are actively engaged with career services."

Whether a student is new to Robertson College or alumni, these services are available for life to any past or present student.

"Many students do not fully understand the employment options that exist for them," Boyd says. "It may be because they are only aware of business in their end of town, or it could also be because they have been in one position for a long time and not fully aware of how the sector they are employed in has changed or grown."

Regardless of the reason, Robertson College has thousands of alumni out in the workforce and, as a result, the school receives many requests to promote job openings to recent, as well as past graduates.

Robertson College is also in constant communication with employers and knows



what they are seeking.

"It's not just about getting the 'core' training of an occupation — your diploma will get you as far as an interview," Boyd says. "It is the intangibles that get you the job and how you advance in the organization."

For example, employers are looking for pro-

fessionalism, team players, and future leaders, and the career service department can convey this information to students, increasing their chances to be hired.

For more information about the career services department, visit robertsoncollege.com/student-services.



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Logistics & Supply Chain Management
Travel Counsellor
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Software & Database Developer

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HEALTH & WELLNESS

Optimal vitality through vitamins

Maintaining your health means reading labels

Vitamins are essential nutrients that people need to maintain good health.

To meet your daily needs, vitamins must be obtained through your diet. Most people can meet their vitamin needs by following Canada's Food Guide and eating a variety of healthy foods.

But when you can't meet all of your needs or need help, you can take vitamin supplements, which, according to recent Statistics Canada reports, up to 40 per cent of Canadians do.

There are 13 essential vitamins you need to have, including Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin K and eight kinds of B vitamins.

Winnipeg's Nutrition House associate Naomi Slater says multivitamins can often

meet nutritional needs, but she advises that you check the ingredients as well as how much of each vitamin is in the dosage.

"It's just important to look at what's in them and some of them don't have the right amounts so you just make sure you're getting the right amounts," she says. "The ones I recommend are often the two or three day as opposed to the one a days."

Slater says other vitamins and minerals including oregano and echinacea are very popular for fighting off sicknesses and mushrooms are becoming more popular, too.

But it's not just maintaining health that vitamins can help. Some studies show they may help with prevention and cure some ailments like digestion issues due to processed foods.



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"A lot of people have digestion issues, 10 years ago you didn't hear as much about IBS, Crohn's disease, and celiac wasn't as

prevalent but a large part of the population has digestion issues and probiotics can really help with that," she says.



SHUTTERSTOCK

Wellington College's student massage clinic is reopening

If you're in need of a massage — and who isn't — then you're in luck as the Wellington College massage student clinic is reopening for the semester.

The Wellington College Student Clinic is open for business starting on Sept. 1, 2015, and will remain open until June 16, 2016 from Monday to Thursday, 5 p.m. until 9 p.m., according to admission co-ordinator Tricia Neill.

"The student clinic is a cost-effective way

to get massage therapy at an affordable price while giving our students a chance to get hands-on education while practising what they have learned," she says.

Basic level students' focus is on relaxation and hot stone massage while advanced level students shift their focus away from relaxation and orientate toward therapeutic massage.

"Our clinic is an integral way for the students to combine various subjects and skills

they are currently learning, providing them with an important foundational experience to build upon."

A 60-minute therapeutic massage costs \$30 plus tax while the 75-minute hot stone massage costs \$35 plus tax — both include consultation, assessment and treatment and while Wellington provides receipts, many insurance companies don't offer student coverage.

"Still, the price is so reasonable that getting a massage at the student clinic is very affordable and can be a part of your monthly routine."

For more information, call 204-957-2402 or visit wellingtoncollege.com/student-clinic.

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or visit www.wellingtoncollege.com

Northwest Academy hosts PTSD seminar

It wasn't long ago that post traumatic stress disorder (PTSD) was stigmatized but that is changing now and rightfully so.

Many people who suffer from traumatic events are at risk of developing PTSD, according to Northwest Academy CEO Victor Popow, who says it's an important issue to keep in the spotlight.

"The symptoms can appear immediately or sometimes decades later and those most at risk are typically people who belong to the military, medical personnel, police, fire and first responders," he says.

"PTSD is a widespread and pervasive problem in modern society and it's something many people have not wanted to acknowledge or look at until recently, which is progress."

Popow says typically the behaviour among members of various enforcement organizations is typically that they can handle the stress, especially among males.

"When you couple this with typical attitudes found in various workplace cultures

that stigmatize mental health issues and it sadly causes people to not talk about their difficulties to anyone, or worse, not seek treatment at all."

According to the Canadian Mental Health Association, 10 per cent of Canadians suffer from PTSD and in law enforcement, that number can be as high as one third.

Northwest Law Enforcement Academy, a recognized leader in law enforcement training, recognizes the importance of creating more awareness around PTSD and will be hosting a series of seminars in September.

"We will be outlining the signs and symptoms while providing self-help methods that can help people cope along with providing participants with various treatment options," Popow adds.

Dr. Douglas Tataryn, a local Winnipeg registered psychologist, will be the facilitator and says that the success rate of PTSD treatment is 80 per cent, but if people don't



Dr. Tataryn CONTRIBUTED

seek treatment, the condition will worsen.

The event costs \$100 and begins at 7 p.m. on Sept. 24 at the academy's facility. The seminar may be reimbursed as psychological services under any third-party

insurance provider.

For more information on upcoming seminars, please contact the Northwest Law Enforcement Academy at 204-953-8300 or visit northwestlaw.ca for more information.

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NorthWest Law Enforcement Academy

One woman's weight loss success story

U Weight Loss Clinic client, Jacquie, a self-proclaimed 'poster girl for yo-yo diets,' shares her experience on her weight-loss journey, not only shedding 36 pounds and keeping it off, but altering her entire lifestyle, too. Jacquie shares how she did it:

How much weight have you lost?

I lost 36 pounds in just under four months.

How did you gain your weight?

I always struggled with my weight and was forever on one diet or another...

What was the final straw that made you start your weight-loss journey?

I was really looking for the right education when it came to understanding healthy weight loss. Most importantly for me, I wanted to be done with the dieting rollercoaster and find a program that guaranteed long-term results. U Weight Loss Clinic did precisely that for me. My energy soared and I really started to live the life I'd always imagined I could.

How did you feel about seeking help for your weight?

Truly, I was the poster girl for 'yo-yo diets.'

That was extremely frustrating. I was ready for something that gave me long-term results. U Weight Loss provided such a simple, science-based education that really required only a few lifestyle tweaks to implement. The results were amazing.

Any big surprises?

Frankly, I was surprised I didn't have to eat separate meals from the rest of my family. The UWL recipes actually improved the taste and quality of meals for my entire family.

Do you have any advice for anyone struggling with weight loss and health-related challenges?

Quite simply, U Weight Loss works. It's a lifestyle that doesn't get in the way of your life. I now work in the clinic as a coach and just love my job. Every day, I witness men and women of all ages and sizes discover the simple science behind long-term weight management ... and I know exactly how thrilled they feel.

What are your favourite meal plans?

There are literally thousands to choose



CONTRIBUTED

from, but I love the yogurt parfaits, the cheese-cake bites and the taco potatoes.

What made this program different than other plans you have tried?

Unlike anything I had ever tried, U Weight Loss promotes abundance, not restriction. The program is all about combining your favour-

ite foods in such a way that they rev up your metabolism, balance your hormones and burn fat.

How do you feel now?

I feel amazing. I have gone from feeling sluggish, frumpy and shy to feeling energetic, outgoing and fabulous.

U weight loss clinics™

www.uweightloss.com



U CHANGED OUR LIVES!

Peter is absolutely thrilled with the results. "There were so many recipes to choose that we were never bored with the food. In fact, after 18 weeks, we still didn't have a favourite because we keep cooking up delicious recipes week after week. It's fantastic. We can pretty much have everything we want... pasta, chicken, stir fries, barbecues, etc."

Irene agrees with her husband whole heartedly. "I had tried so many diets over the years and I've battled with my weight all my life until now. At the U Weight Loss Clinics, I have finally discovered a way of eating that I can enjoy and stick to and the pounds and inches just kept melting off. **2 yrs later, we have kept the weight off and are so grateful for the knowledge and support at U Weight Loss Clinic. Truly this simple program has been a BLESSING in our lives.**"

LET US HELP YOU TRANSFORM YOUR LIFE!

- Receive one-on-one weight loss coaching and motivation
- Learn how to balance your meals to optimal fat-burning ratios
- No pre-packaged or frozen foods
- Combine foods to help burn body fat and balance hormones
- Feel more energized, increase your metabolism, burn body fat and build lean muscle
- Just under 7 lbs average weight loss in the first week!

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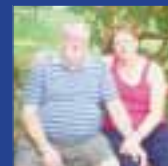
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IN 18 WEEKS!

*Certain conditions apply.
Please see U Weight Loss
for full details.



Barber bridges 12-year gap with pole vault gold

ATHLETICS

Canadian soars above rest to be first podium topper since '03

Growing up on the family farm in New Mexico, pole vaulting was a game to Shawn Barber, like road hockey or hopscotch — a chance to compete against his brother Braden and an excuse to stay out late on hot summer nights.

That pure love of the sport has never left the 21-year-old Canadian, and at the world track and field championships Monday, he drew on every bit of it to win gold — Canada's first at the worlds in more than a decade.

"You're going to have nerves coming into a big meet like this, but my whole goal was to keep my head down and make sure I remembered to breathe, and that's the biggest thing for me,"



I didn't even know it was a sport until a couple of years into it, I was just doing it for fun.

Canadian pole vault gold medalist Shawn Barber

Barber said. "And have some fun out there. Enjoy yourself. You only get to do this every once in a while."

Barber was the only jumper to clear 5.90 metres on his first attempt, which was good enough for gold in a star-studded field. Defending champion Raphael Holzdeppe captured silver.

Renaud Lavillenie of France, the world-record holder and an Olympic gold medallist, shared the bronze with Pawel Wojciechowski and Piotr Lisiek, both of Poland.

The medal is Canada's fourth of the competition and the country's first ever in pole vault. It was Canada's first gold since Per-dita Felicien won the 100-metre hurdles in 2003 in Paris. Barber, who calls Toronto his hometown but grew up in the U.S., competes for Canada partly because his dad George did, including at the 1983 world championships.

The Canadian-born George Barber gave Shawn his first sawn-off pole at the age of four. The Barber boys would leap irrigation ditches on the family farm before George installed a proper pit, under the cover of an old airport hangar.

Asked if he ever dreamed of a world medal, Barber said: "No way. I didn't even know it was a sport until a couple of years into it, I was just doing it for fun. It's a great past-time for me so far, and for me to be able to come out here and showcase these



Shawn Barber of Canada cleared 5.90 metres on his first try, to take gold in the men's pole vault final at the world track and field championships on Monday in Beijing. CAMERON SPENCER/GETTY IMAGES

talents to everybody is a great experience."

The six-foot-two redhead laid down an impeccable performance at the Bird's Nest Stadium in Beijing, clearing every height on his first attempt. Barber and Holzdeppe, the only other jump-

er over 5.90, then missed on all three attempts at 6.00.

The senior Barber still coaches his son, who is coming off an NCAA title in his senior season at Akron University, and a gold at the Pan American Games in Toronto.

Barber won bronze at last summer's Commonwealth Games, but has been the picture of consistency, rewriting his Canadian record so many times, he's lost track of the number. It currently stands at 5.93.

THE CANADIAN PRESS

IN BRIEF

Pocono crash claims life of IndyCar driver Wilson

IndyCar driver Justin Wilson has died from a head injury suffered when a piece of debris struck him at Pocono Raceway. He was 37.

IndyCar made the announcement on Monday night at Indianapolis Motor Speedway. Wilson is a British driver who lived outside Denver in Longmont, Colo. He was hit in the head during Sunday's race by piece of debris that had broken off another car.

Wilson's car veered into an interior wall at the track, and he was swiftly taken by helicopter to an Allentown, Penn., hospital. He was initially in a coma and in critical condition before he passed from his injuries.

THE ASSOCIATED PRESS

Team Russia fined for walking out on Canada

The Russian Hockey Federation was fined \$85,000 Monday over the national team snubbing Canada's victory celebrations after the world championship final.

The sport's governing body, IIHF, said Russian players deliberately left the ice before the Canadian anthem was played on a signal from captain Ilya Kovalchuk. The Russian federation had claimed its players had been confused after the rink-side gate was left open and took that as a signal to leave following the 6-1 loss in Prague. THE ASSOCIATED PRESS

NFL hall-of-famer Carter sorry for 'fall guy' remark

Hall of fame receiver Cris Carter has issued an apology for telling NFL rookies at a league symposium in 2014 that they should "get a fall guy" to help them avoid trouble.

Carter posted his apology on Twitter after an ESPN article drew attention to the remarks he made during a presentation last year. He told a group of rookies from NFC teams that if any of them were to get into trouble off the field, it was important to have someone who would step forward and take the blame.

THE ASSOCIATED PRESS



Ontario's Andre De Grasse, 20, has the world at his feet and the offer of a seven-figure shoe deal. CHRISTIAN PETERSEN/GETTY IMAGES

SPRINTING

Decision time for De Grasse

Moments after Andre De Grasse raced to bronze at the world championships against one of the finest 100-metre fields ever assembled, the questions began.

What's next? Will you turn pro? The 20-year-old from Markham, Ont., faces a huge seven-figure decision over the next few weeks — whether to run his senior season at the University of Southern California, or sign with one of the dozens of agents clamouring to work with the young star.

De Grasse has talked about returning to school in the past,



Whatever my mom says, that's my goal.

Andre De Grasse

but didn't sound so sure Sunday night. "A lot has changed right now. I just got a bronze medal. I've got to talk to my coach and make what's best for me and my family, so we'll go from there," De Grasse said.

"Whatever my mom says, that's my goal, to get my degree

first," he hastily added.

De Grasse was offered a seven-figure shoe deal, a source told The Canadian Press back in June — well before Sunday's breath-taking race for bronze at the Bird's Nest Stadium, and even before his double-gold Pan American Games performance in July.

He's a marketer's dream. The track-and-field version of basketball star Andrew Wiggins, De Grasse is young, humble, likable and oozing with potential. And the 100-metre sprint is the glamour event of the Olympics.

THE CANADIAN PRESS

5

THE 1992-93 WORLD SERIES CHAMPS: WHERE ARE THEY NOW?

The Toronto Blue Jays are in first in the American League East and looking like a serious post-season contender for the first time since they won the 1993 Fall Classic. Here's a look at five members of the 1992 and 1993 World Series champion Blue Jays and where they are now. THE CANADIAN PRESS



1 Kelly Gruber

Blond-haired third baseman Gruber was the first player in Blue Jays history to hit for the cycle, earning four hits in six at-bats on April 16, 1989.

However, Gruber's best known for his role in a non-call in Game 3 of the 1992 World Series. He made a diving tag on Braves baserunner Deion Sanders' foot between second and third base to record the final out of a triple play. The second-base umpire ruled Sanders safe. Gruber tore his rotator cuff on the play but he still hit a key game-tying home run in the eighth inning, and the Jays would go on to win the game and the Series.

Today, Gruber holds baseball seminars and does public appearances as a motivational speaker for charitable organizations.



2 Pat Hentgen

The right-handed pitcher came out of the bullpen throughout the 1992 season with a total of 50-1/3 innings pitched. Hentgen's impact was really felt in 1993 when he led Toronto with a 19-9 record in the regular season with 122 strikeouts and 3.87 earned-run average.

He won Game 3 of the 1993 World Series against the Philadelphia Phillies, giving up one earned run over six innings of work as Toronto rolled to a 10-3 victory.

Hentgen continued to improve on the mound, winning the American League's Cy Young in 1996. He retired in 2004.

Today, Hentgen is still involved with the Blue Jays, working in the team's front office as Special Assistant to the Organization.

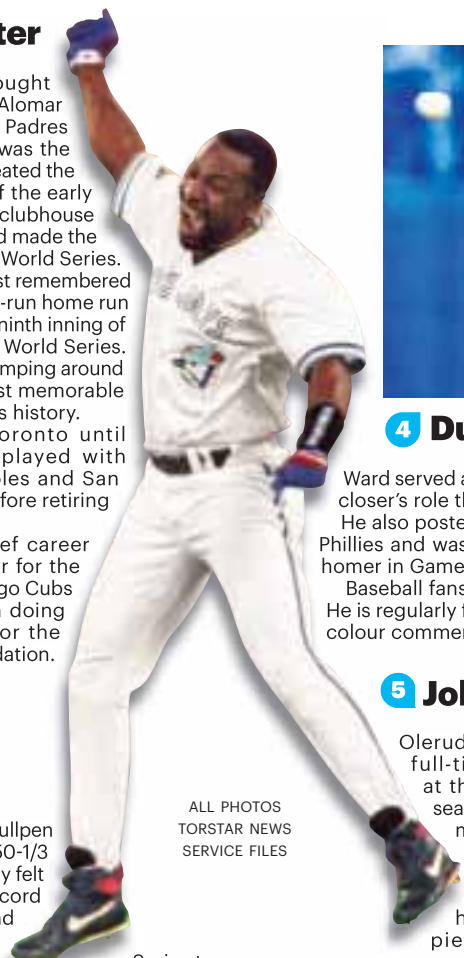
3 Joe Carter

The trade that brought Carter and Roberto Alomar from the San Diego Padres to Toronto in 1990 was the crucial move that created the Blue Jays dynasty of the early 1990s. Carter was a clubhouse leader in Toronto and made the final out of the 1992 World Series.

However, he is best remembered for his walk-off three-run home run in the bottom of the ninth inning of Game 6 in the 1993 World Series. Carter's exuberant jumping around the bases is the most memorable moment in Blue Jays history.

He stayed in Toronto until 1997 and briefly played with the Baltimore Orioles and San Francisco Giants before retiring in 1998.

Carter had a brief career as a TV broadcaster for the Blue Jays and Chicago Cubs before focusing on doing charitable works for the Children's Aid Foundation.



ALL PHOTOS
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4 Duane Ward

Ward served as a reliable setup man in 1992, but took over the coveted closer's role the following season and earned 45 saves.

He also posted saves in Game 1 and Game 4 against the Philadelphia Phillies and was the pitcher of record when Joe Carter hit his walk-off homer in Game 6.

Baseball fans in the Toronto area know exactly where Ward is today. He is regularly featured on local Blue Jays radio broadcasts, filling in for colour commentator Joe Siddall.

5 John Olerud

Olerud became Toronto's full-time first baseman at the start of the 1992 season and immediately made an impact. His sharp defensive play coupled with his strong hitting made him an important piece of both World Series teams.

Series teams.

He led the American League in batting average (.363), intentional walks (33), times on base (321), on-base percentage (.473) and doubles (54) in 1993.

He now lives in Washington with his wife and children. The NCAA's John Olerud Award is given to the best two-way player in American collegiate baseball after his All-American play for Washington State University as a pitcher and first baseman. He was inducted into the National College Baseball Hall of Fame in 2007.



PREMIER LEAGUE

Cech helps Arsenal salvage a draw

Petr Cech demonstrated why he will be an asset rather than a liability for Arsenal by producing the saves that secured a 0-0 draw against Liverpool on Monday after opening-day blunders proved so costly for his new club.

It was a first Premier League clean sheet in Arsenal colours for the former Chelsea goalkeeper, who had to cope with a fragile defence in front of him.

And with the Gunners forwards so feeble, the draw left

“

**Today was one
those games
where I was in the
right place at the
right times.**

Peter Cech

them with four points from a possible nine at the start of the season. THE ASSOCIATED PRESS

IN BRIEF

Russia injects \$175M to World Cup budget

The Russian government proposed a two per cent increase to its budget for the 2018 World Cup on Monday, reversing a trend of repeated cuts this year.

A document written by the Sports Ministry and published Monday envisages an increase of 12.5 billion rubles (\$175 million), taking the budget to 643.8 billion rubles (\$9 billion).

The World Cup budget started the year at 664 billion rubles. THE ASSOCIATED PRESS

Washington regains old post as A's third-base coach

Ron Washington is back in the dugout where he got his big-league start as a coach, promoted to his old position as third base coach for the Oakland Athletics on Monday after the club dismissed Mike Gallego.

Oakland headed into the opener of a three-game series at Seattle on Monday night with the worst record in the American League at 54-71 following three straight years in the playoffs. THE ASSOCIATED PRESS

MLB

Cubbies walk off Tribe on Bryant HR



Kris Bryant's home run on Monday was his 20th of the season. THE ASSOCIATED PRESS

Kris Bryant homered with two outs in the ninth inning to lift the surging Chicago Cubs to a 2-1 victory over the Cleveland Indians on Monday in a makeup of a rained out game from June 15.

The rookie, who had homered twice Sunday, lined a pitch from Cleveland reliever Zach McAllister (3-4) into the right-field bleachers to give Chicago its fifth straight win and 21st victory in 26 games. THE ASSOCIATED PRESS

RECIPE Panko Crusted Chicken Sandwich with Sriracha Coleslaw



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

The lightly sautéed panko-crusted chicken thigh goes well with the spiced up coleslaw. Serves 4.

Ready in

Prep time: 15 minutes
Cook time: 8 minutes

Ingredients

- 4 boneless, skinless chicken thighs (pounded)
- 1 Tbsp cornstarch
- 1 egg
- 2 Tbsp 2 per cent milk
- 1/2 cup panko or bread crumbs
- 2 cups packaged coleslaw
- 1/4 cup light mayonnaise
- 1 Tbsp light sour cream
- 1 Tbsp lemon juice
- Salt and pepper
- 1 tsp Sriracha or hot sauce
- 4 sandwich buns
- 4 slices field tomatoes

Directions

1. Sprinkle cornstarch over

chicken. In a dish, mix egg and milk and dip chicken to coat. Dip in panko crumbs.

2. In a large hot skillet, sprayed with vegetable oil, sauté chicken until cooked through, about four minutes per side.

3. To make slaw: In a bowl, combine slaw mixture, 2 Tbsp light mayonnaise, sour cream, lemon juice, salt and pepper and 1/2 tsp Sriracha.

4. In a small bowl, combine remaining mayonnaise and 1/2 tsp Sriracha. Spread this over four bottom of buns.

5. Place tomato slice over top on bottom buns, add chicken and divide slaw on top.

Nutrition per serving

- Calories 332
- Protein 23.6 g
- Carbohydrates 40 g
- Fibre 3 g
- Total fat 8.7 g
- Saturated fat 2.7 g
- Cholesterol 122 mg
- Sodium 629 mg

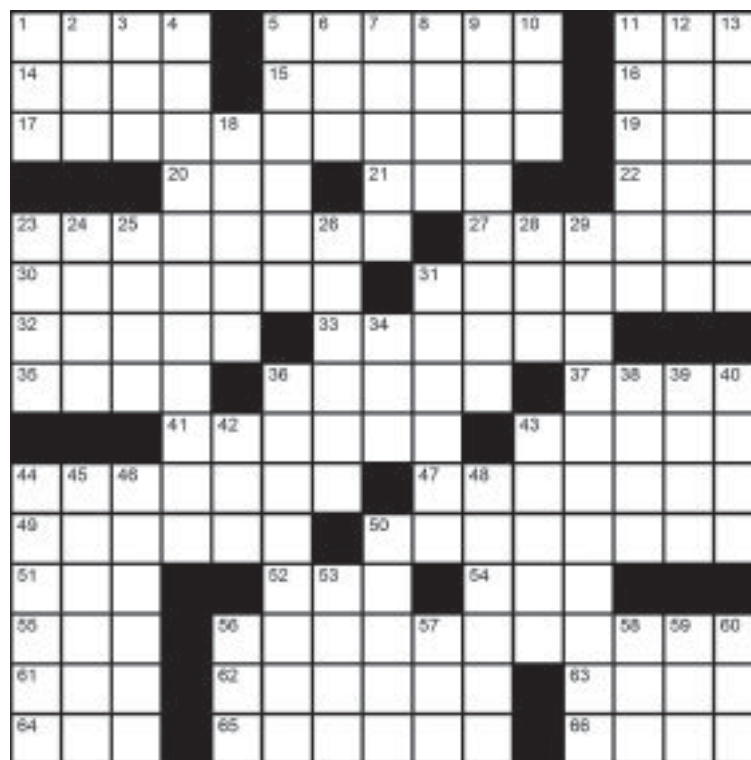
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Canned meat brand
5. Instruments like Ravi Shankar's
11. "Tell ___ No" by The Zombies
14. Rikki-Tikki-___
15. Breakfast menu selection
16. Brit band, briefly
17. Mid-70s Canadian TV series based on Johann Wyss' 1812 classic book, "The ___ Robinson"
19. Scandinavian rug
20. Rested
21. Tee 'n' club org.
22. Sure-footed mammal
23. Long-steps-taking pedestrians
27. Computer store purchase
30. Food Network watcher's interest
31. Rants
32. Put down
33. Fawn
35. Island of Indonesia
36. ___ and effect
37. Legend
41. Sacred songs
43. Jason of "How I Met Your Mother"
44. Overcome/make do
47. Country in Africa bordering Sudan
49. Contradiction
50. British-born missionary doctor to Newfoundland and Labrador, Sir Wilfred ___ (b.1865 - d.1940)



51. NYC's Madison
52. 'Equal'-meaning prefix
54. Wilmington's state, for short
55. Name: French
56. Canadian comedy partner for Frank Shuster: 2 wds.
61. Watercraft, with Jet

62. Furthest orbital point
63. Band's undertaking with dates to commit to
64. Mauna ___ (Hawaiian volcano)
65. Peanut Butter Cups name
66. Crooned

DOWN

1. Haloed humans, for short
2. Puppy's friendly offering
3. Canadian broadcaster Mr. Lewis
4. Fun-to-spell American river
5. Cushion
6. "Baby ___" Want

7. Office workers, e.g.
8. Sacha Baron Cohen character in Madonna's "Music" video: name + letter
9. Comparative
10. Trough locale
11. Monarch's messenger

12. President of France's residence, ___ Palace
13. Jokes-filled celebrity tributes
18. "Sexy ___" by The Beatles
23. Strikebreaker
24. Marching band instrument
25. Money in Oman
26. Entertain enthusiastically
28. 'Hect' ending
29. Some footwear, a nod to dancers: 2 wds.
31. One mixing the salad so that the lettuce flies up but then lands in the bowl
34. Certain cake
36. Circus carousel's music provider
38. Fiend
39. Stagger
40. Airline of Israel: 2 wds.
42. Sauna site
43. Brawn
44. Port city in Poland
45. Invalidate
46. Low energy reason maybe
48. Changes hair hue again
50. They resonate when struck in orchestras
53. Boot alternative
56. Cookie container
57. Maiden name indicator
58. Beatles hit: "She Loves ___"
59. Sister
60. Work unit

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A confident approach is a must. If your rivals get the idea that you are having doubts they won't hesitate to exploit them and that could lead to a serious setback later in the week.

Taurus April 21 - May 21
Try not to take anything too seriously. If you find yourself thinking about one thing to the exclusion of everything else that is a sure sign you have become infatuated about something and that isn't healthy.

Gemini May 22 - June 21
Today you will wonder if the powers that be have got it in for you, but it is your state of mind that is making things seem tougher than they really are. Life will get easier very soon.

Cancer June 22 - July 23
Travel and social plans are likely to be disrupted, although nothing too drastic will happen so long as you look ahead. Make allowances and make sure you have not forgotten anything important.

Leo July 24 - Aug. 23
Think carefully before committing yourself to anything of a financial nature today. Someone is keeping from you facts you need to know.

Virgo Aug. 24 - Sept. 23
You are strongly advised to be suspicious of everything you see and hear. Neptune, planet of confusion, is making things harder to understand and if you are not careful you could be the one who loses as a result.

Libra Sept. 24 - Oct. 23
A rethink of your aims may be a good idea but don't change anything before getting advice from people you trust. You are a little confused and it might be the case that you don't have to change anything at all.

Scorpio Oct. 24 - Nov. 22
What you have to say is not what certain people want to hear, so don't be surprised if they try to twist your words. The message you have to deliver is of major importance, so keep repeating it.

Sagittarius Nov. 23 - Dec. 21
You've been worrying for no good reason about something that is of no importance at all. When a wise Sag can be fooled now and again.

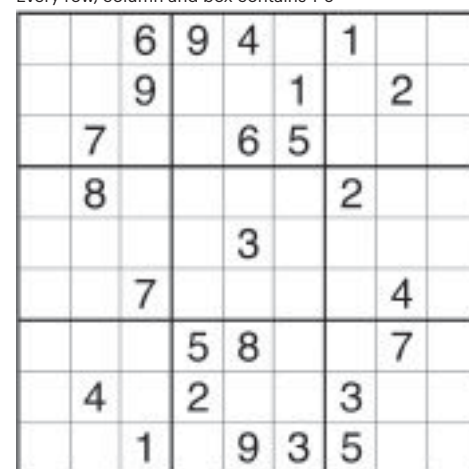
Capricorn Dec. 22 - Jan. 20
There will be plenty in the way of rumour today but precious few facts, so don't jump to conclusions. When even those in positions of authority have no idea what is going on there is not much point making plans.

Aquarius Jan. 21 - Feb. 19
Try to be a bit more laid-back about money matters today — but not so laid-back that it seems as if you don't care. If you have any bright ideas about how to increase profits you must speak up.

Pisces Feb. 20 - March 20
You know you can trust your own instincts but can you trust other people's instincts? Don't take what others tell you at face value today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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